What’s new in: Managing hip and knee pain (activity number 480130)

Optional RACGP member enrichment activity: mini-audit measuring outcomes

Use this step-by-step guide in your practice to earn 5 Measuring Outcomes (MO) CPD hours.

Use the RACGP audit template provided.

Step 1

* Familiarise yourself with relevant clinical guidelines and tools, including the audit template available on the Scope of Practice Page. This could take you approximately 60 minutes

<https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/knee-and-hip-osteoarthritis>

 Step 2

* Consider your methodology. How will you select your patients, what data will you use? You may need to select 10-20 patients for this audit
* If you chose patients with more complex presentations, you can select less
* If you have access to practice software, you could pull off patient charts for those who are due for a review (732) of a GPMP (721) or TCA (723) for osteoarthritis
* If you do not have access to practice software, apply the audit methodology to prospective patients who suit this audit’s scope. Whilst it will complete the audit over a longer period, it should still equate to 5 hours of MO activity.

Step 3

* Review the charts of patients you have identified (each chart review may take you 10-20 minutes)
* You could consider any of the following:
	+ Assess for mobility, pain management, quality of life and social participation
	+ Engagement in GLA:D program – find local physios who offer group sessions
	+ Alcohol status and screening for other drug use for potential self-management of pain?
		- For resources refer to RACGP’s AOD Education resource library at [www.racgp.org.au/aod](http://www.racgp.org.au/aod)
* Medication review
	+ For de-prescribing opioids, consider: <https://www.nps.org.au/opioids-communication-videos>
* Other alternatives to support weight loss?
* Any co-occurring mood disorders?
* Efficacy of current interventions? Eligibility for surgical interventions? – public vs private

Step 4

* Summarise your chart/case review notes into the RACGP’s audit template provided
* Do not identify the patients in your summary

Step 5

* Login to myCPD Home via your member account or download the app.
* Use the GP-led activity form to log your audit.
* Attach your audit template as evidence and submit

Step 6

* To turn this mini-audit into a 25-hour audit, you could recall the patients and implement the changes you identified for each chart review.